

# DO YOU NEED HELP BECAUSE OF THE CORONAVIRUS?

Here's what you should do

## FIRSTLY - IT'S OKAY TO ASK FOR HELP

There are lots of reasons people need help right now. Some people can't get to the shops for their groceries or to the pharmacy to pick up their prescription.

Some people need help walking their dog or just want somebody to talk to.

It's okay to ask for help. There are lots of people out there ready and willing to help. We're here to help too.



## STEP 1

Speak to your friends and family. They might not know you need help and will be keen to do whatever they can.

If you don't have anyone nearby, speak to a neighbour you can trust - please only do this safely while following the guidelines on social distancing.



## STEP 2

If you have no family nearby or neighbours you can turn to, check to see if there are any local volunteer groups helping out in your area, or get in touch with any charities you are already involved in as they could help.



## STEP 3

If you've tried Step 1 and Step 2 and you still need help, please get in touch with us. We can put you in touch with a community group or help you directly.



Call 01235 422600

Email [communitysupport@southandvale.gov.uk](mailto:communitysupport@southandvale.gov.uk)

# We're here to help.